

# caramelised pineapple with passionfruit



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### Ingredients:

- 1/2 cup demerera sugar
- 1 small pineapple, peeled and cut into 1/2 cm-thick slices
- 2 passionfruit, halved
- frozen fruit yoghurt or lemon sorbet, to serve

### Health benefits of pineapple:

- A good source of vitamin C, one of the vitamins involved in protecting us from infection.
- Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation.
- The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.

### Method:

1. Place demerera sugar on to a dinner plate. Dip pineapple into sugar to lightly coat on both sides.
2. Heat a lightly greased heavy-based frying pan over medium-high heat. Pan-fry pineapple, in batches, for 1–2 minutes on each side until golden and caramelised. Transfer to a plate and keep warm.
3. Arrange warm pineapple slices on serving plates and drizzle with passionfruit pulp. Serve with frozen fruit yoghurt or lemon sorbet.

**Serves:** 4

**Preparation:** 20 minutes

**Cooking:** 4–8 minutes